

Resource List

The following Federal Government resources provide reliable, science based information on nutrition and physical activity, as well as an evolving array of tools to facilitate Americans' adoption of healthy choices:

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| Dietary Guidelines for Americans | http://www.dietaryguidelines.gov |
| ChooseMyPlate.gov | http://www.choosemyplate.gov |
| Physical Activity Guidelines for Americans | http://www.health.gov/paguidelines |
| Nutrition.gov | http://www.nutrition.gov |
| Healthfinder.gov | http://www.healthfinder.gov |
| Health.gov | http://health.gov |
| U.S. Department of Agriculture (USDA): | |
| Center for Nutrition Policy and Promotion (CNPP) | http://www.cnpp.usda.gov |
| Food and Nutrition Service (FNS) | http://www.fns.usda.gov |
| Food and Nutrition Information Center (FNIC) | http://fnic.nal.usda.gov |
| National Institute of Food and Agriculture (NIFA) | http://www.nifa.usda.gov |
| U.S. Dept. of Health and Human Services (HHS): | |
| Office of Disease Prevention and Health Promotion | http://odphp.osophs.dhhs.gov |
| Food and Drug Administration (FDA) | http://www.fda.gov |
| Centers for Disease Control and Prevention (CDC) | http://www.cdc.gov |
| National Institutes of Health (NIH) | http://www.nih.gov |
| Let's Move! | http://www.letsmove.gov |
| Healthy People | http://www.healthypeople.gov |
| U.S. National Physical Activity Plan* | http://www.physicalactivityplan.org |
| *Note: The U.S. National Physical Activity Plan is not a product of the Federal Government. However, a number of Federal offices were involved in the development of the Plan. | |